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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-45)//
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RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

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HEADLINE: New Medical Clinic Speeds Delivery of Care at Quantico
NMCL Quantico, VA (NSMN) -- The Navy-Marine Corps team at Quantico has taken on the Navy Surgeon General's charge to take health care to the deckplates. On 22 September, a new branch medical clinic of Naval Medical Clinic Quantico was dedicated at the Officer Candidates School (OCS), Marine Corps Base Quantico.

Before the branch clinic opened, officer candidates reporting to OCS would have their dental screen at Naval Dental Clinic Quantico and mass physicals were completed at Naval Medical Clinic Quantico, located three miles from OCS. This was inconvenient for the officer candidates and caused a significant reduction in normal operations at both clinics. The new branch clinic was designed to address these issues.

On 10 October, the fall class of 200 candidates had their mass physicals performed in the new OCS Branch Medical Clinic. The total time from start to finish was decreased by three and a

half hours. Dental officers and technicians did on-site dental screening. Specialists came from National Naval Medical Center Bethesda, MD, to provide consultations, reducing the number of candidates who would have to follow-up with additional visits to Bethesda and thereby increasing the training time of the candidates. Additionally, because the mass physical evolutions were not held at the main clinic and dental facility, both clinics were able to continue normal operations.

The new clinic enhances the ability of Navy medicine to accomplish its mission as efficiently as possible. As the process is refined, the branch clinic will be able to process as many as 800 physicals in a single day. This ability to provide rapid, on-site service meets the Navy Surgeon General's goal of bringing health care to the deckplate.

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HEADLINE: Science to the Fleet: NAMRL Mobile Field Laboratories
NAMRL Pensacola, FL (NSMN) -- The Naval Aerospace Medical Research Laboratory (NAMRL), located in Pensacola, has taken a unique, cost-effective approach to collecting important data from fleet sources. The laboratory has designed and built three Mobile Field Laboratories (MFLs), each specialized and totally self-sufficient to help both naval aviation and other DoD assets solve problems in the areas of vestibular science, vision, and strength testing. This is the third in a series of three articles about these innovative laboratories. The first, published in Naval Service Medical News (NSMN) 95-43, discussed NAMRL's Vestibular MFL. The second, in NSMN 95-44, covered the Vision MFL.

NAMRL's third MFL is currently being used in support of the research project, "Performance-Based Occupational Strength Testing for Candidate Navy Pilots/Naval Flight Officers." Both male and female aviation candidates are being evaluated as part of the study. The MFL's contents include anthropometric equipment -- anthropometer, scales, skinfold calipers and wall charts -- and a CYBEX 6000 machine.

The CYBEX 6000 machine is used to measure the strength of students for three exercises (strength test battery, or STB) that approximate the same muscle groups used for criterion tasks in the aircraft. The machine will also be used for validation of the criterion tasks being developed and incorporated for the strength screening simulator and to validate a strength-improvement training program for use with other types of equipment (e.g., free weights and other weight training equipment).

The anthropometric equipment is used to obtain 14 anthropometric measurements for all aircrew personnel within the Department of Defense, as stipulated by a tri-service agreement. Examples of these measurements include standards such as weight and height, and more unusual measurements such as thumbtip reach, sitting hip breadth and sitting eye height. The hand dynamometer is used to collect data on grip strength for both hands, and the skinfold calipers are used to collect measurements on three sites for males and females.

More than 365 students from Naval Aviation Schools Command and Training Squadron 10 have been tested. In July 1995, the MFL was moved to Naval Air Station Whiting Field, FL, for three weeks where students from Helicopter Training Squadrons 8 and 18, as well as intermediate students from the fixed-wing training squadrons, underwent the same rigorous testing. From 18 August to 1 September, the MFL tested about 400 midshipmen at the U.S. Naval Academy in Annapolis, MD.

Future projects, if funded, will focus on enlisted aircrew personnel and flight deck personnel, as well as a longitudinal study of the subjects involved in the current strength project.

Mobile Field Labs have greatly increased the Navy's ability to collect data, save training dollars, and interface directly with the fleet.

Story by CDR Michael Mittelman, MSC, Naval Aerospace Medical Research Laboratory

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HEADLINE: Neurologist Receives JCS Award

BUMED Washington (NSMN) -- CAPT Homer J. Moore Jr., MC, senior medical officer aboard USS KITTY HAWK (CV 63), recently received the Chairman of the Joint Chiefs of Staff Award for Excellence in Military Medicine.

Chairman of the Joint Chiefs of Staff GEN John M. Shalikashvili presented the prestigious award to Moore, and the Army and Air Force recipients, in a Washington, DC, ceremony last month.

The award, established in 1993 through the efforts of Zachary and Elizabeth Fisher of New York City, recognizes both individual achievement and the ability to work toward a common goal: the development of advances in research, diagnoses and treatment of afflictions. Each service selects its most promising medical officer, representing the very best in scholarship, research, practice, leadership and potential. Through the generosity of the Zachary and Elizabeth Fisher Award Foundation, the officers who receive this award also earn research grants of \$50,000 each for their respective services. Moore has designated his research grant to be used for neuroanatomy research at the Uniformed Services University of the Health Sciences, Bethesda, MD, where he is an adjunct assistant professor of neurology.

"Captain Moore has served with exceptional distinction as neurologist, teacher, surface warfare medical department officer, aircraft carrier senior medical officer, Navy diving medical officer and naval flight surgeon," read Moore's citation. "While simultaneously maintaining clinical and teaching activities in neurology, he demonstrated a genius for innovative ideas which have dramatically enhanced the practice of operational medicine around the globe."

Among Moore's many achievements, the citation notes his work in vestibular psychophysics that resulted in his Visual-Vestibular Interaction Test for motion sickness susceptibility. This 20-year-old achievement, which is still in use at the Naval Aerospace Medical Research Laboratory at Naval Air Station

Pensacola, FL, was just the first of many unique contributions Moore made to operational medicine.

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HEADLINE: NAVHOSP Beaufort's BQs Recognized for Excellence

SECNAV Washington (NSMN) -- The Secretary of the Navy recently announced the winners of the FY95 Admiral Elmo R. Zumwalt Award competition for excellence in bachelor quarters management. The Navy Surgeon General joins the Honorable John H. Dalton in congratulating the winners, especially Naval Hospital Beaufort, SC, which received second place in the small category.

"The professional performance of all commands made selection of the winners a real challenge this year," said Dalton in ALNAV 070/95, which announced the results of the competition. "Bravo Zulu to all managers and staff whose hard work and dedication significantly improved the quality of life of our sailors who reside in bachelor quarters."

The winning commands will be formally presented with their awards during the Annual Professional Housing Management Association (PHMA) Conference, 21-25 January 1996 in Albuquerque, NM.

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HEADLINE: CORRECTION: Change Your Tattoo, 1-800 Number Was Wrong

BUMED Washington, DC (NSMN) -- The number every service member needs to have close by, although getting it as a tattoo is not actually recommended, is 1 800 876-1131. If you're on active duty and receive emergency care in a civilian hospital, you need to let the Office of Medical and Dental Affairs in Great Lakes, IL, know right away -- it's the office that will pay your bills. And they have a toll-free number just for you. Once again, that number is 1 800 876-1131. Unfortunately, the original article on this vital information, which appeared in Naval Service Medical News 95-43, had the incorrect number. Please make note of the correct number, and accept our apologies for any inconvenience. Story by Bureau of Medicine and Surgery

-USN-

HEADLINE: Naval Hospital Pensacola's Blood Bank Certified

NAVHOSP Pensacola, FL (NSMN) -- Naval Hospital Pensacola has been granted certification of accreditation by the American Association of Blood Banks (AABB), according to CAPT Ralph A. Lockhart, MSC, commanding officer of the northwest Florida military medical treatment facility.

Accreditation follows an intensive on-site inspection by specially trained representatives of the Association. The AABB certifies that the level of medical, technical and administrative performance within the Naval Hospital meets or exceeds the standards set by the AABB. By successfully meeting those requirements, Naval Hospital Pensacola joins more than 2,000 similar facilities across the United States and abroad that have earned AABB accreditation.

"The AABB's inspection and accreditation procedures are voluntary," said CDR Dennis L. Anderson, MC, head of the

hospital's Laboratory Department. "Naval Hospital Pensacola has sought AABB accreditation because this program assists facilities around the country in achieving excellence by promoting a level of professional and medical expertise that contributes to quality performance."

The Blood Bank at Naval Hospital Pensacola is a full transfusion service and blood donor center that provides blood for surgery and anemic patients, and trauma victims. The Blood Bank also supplements the Navy's Frozen Blood Program and the Tri-Service Armed Forces Whole Blood Processing Laboratory, said Anderson. The Navy's Frozen Blood Program is a wartime contingency program that freezes blood for use up to 10 years so that it will be available to help meet immediate blood requirements in time of conflict. The Tri-Service lab supports the blood needs of the Air Force, Army and Navy.

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HEADLINE: NAVHOSP Corpus Christi's Lab Receives Accreditation

NAVHOSP Corpus Christi, TX (NSMN) -- The laboratory at Naval Hospital Corpus Christi has been awarded a two-year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

The laboratory's director was advised of this national recognition and congratulated for the "excellence of the services being provided." The laboratory at Naval Hospital Corpus Christi is one of more than 4,600 CAP-accredited laboratories nationwide.

The CAP Laboratory Accreditation Program, begun in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

Inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, the adequacy of the facilities, the equipment, laboratory safety, and laboratory management to determine how well the laboratory is serving the patient.

The CAP is a medical society serving more than 14,500 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance.

-USN-

HEADLINE: Camp Pendleton USMC Patients Celebrate 220th Birthday

NAVHOSP Camp Pendleton, CA (NSMN) -- Marine Corps patients at Naval Hospital Camp Pendleton received a treat on Thursday, 9 November. MajGen C.W. Reinke, Marine Corps Base Camp Pendleton's commanding general, came to the hospital to extend early birthday wishes to all the Marine patients. The U.S. Marine Corps celebrated its 220th birthday the next day, Friday, 10 November.

The Marine Corps birthday is a very special event for all Marines. More than a decade ago, Naval Hospital Camp Pendleton began an annual tradition of celebrating the Marine Corps birthday to honor those Marines who, because of injury or

illness, are unable to celebrate this special occasion with their own units. This year, Reinke was joined by MajGen Frank Libutti, commanding general of 1st Marine Division, and BGen Edward Langston, deputy commander of 1st Marine Expeditionary Force, for the birthday cake-cutting ceremony hosted by the hospital's commanding officer, CAPT Bonnie B. Potter, MC.

All ambulatory active duty Marine patients assembled on deck for the occasion. After the arrival of the official party, birthday greetings from both the Commandant of the Marine Corps and the Navy Surgeon General were read.

After the cake cutting, Reinke, Libutti and Langston mingled with the ambulatory Marine patients before proceeding to the wards in order to visit with all those Marines who had been physically unable to attend the celebration.

Story by Anne C. Severy, Naval Hospital Camp Pendleton

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HEADLINE: Naval Hospital Twentynine Palms Hosts VIPs

NAVHOSP Twentynine Palms, CA (NSMN) -- During a whirl-wind visit to California earlier this month, Assistant Secretary of Defense for Health Affairs Stephen C. Joseph, MD, MPH, and the Medical Officer of the Marine Corps RADM Dennis I. Wright, MC, stopped in for a two-day visit to the Marine Corps Air Ground Combat Center, Twentynine Palms.

While in Twentynine Palms, Joseph and Wright were treated to a tour of the Navy's newest state-of-the-art hospital on the West Coast. They received a briefing on the hospital's rapid growth in staffing, the services offered to its beneficiary population and the hospital's management practices.

Joseph took time out from his busy schedule to address the hospital staff on current issues facing the military health care delivery system, military readiness and the new regional TRICARE initiatives.

The two VIPs also received a briefing about the Combat Center and its role in providing support to the Marine Corps' Combined Arms Exercises, which take place here. They were then flown out to the field to witness first hand what the Marines go through in their state-of-the-art live-fire training. Of special interest to both Joseph and Wright were the procedures for moving wounded Marines from the field back to the Naval Hospital. They observed a Casualty Evacuation Exercise and were briefed on the movement of casualties by the 7th Marine Regimental Aid Station and the people at the Expeditionary Air Field.

This trip to Naval Hospital Twentynine Palms and the Marine Corps Air Ground Combat Center was a first for both Joseph and Wright. According to comments, they went away impressed with what the Navy-Marine Corps team accomplishes in the California High Desert.

Story by Dan Barber, Naval Hospital Twentynine Palms

-USN-

HEADLINE: Lowcountry Navy Ball Hosts Congressman Spence

MCRD Parris Island, SC (NSMN) -- Congressman Floyd D. Spence (R-SC) was the guest speaker at the Lowcountry Navy Ball, held on

board the Marine Corps Recruit Depot (MCRD) Parris Island. The ball was sponsored by Naval Dental Center Parris Island, commanded by CAPT Joe Draude, DC. The gala "Worldwide Navy Adventure" was organized by LCDR John Lundgren, DC. The participants enjoyed dinner at the Marsh Landing Club on base and then moved to the MCRD Lyceum for the festivities.

The Lyceum was elaborately decorated with scenes from around the world to celebrate the Navy's 220 years of service throughout the world, and drew rave reviews from all attending. Spence reminisced about his years in the Navy and his service in the Naval Reserve, and remembered those who had served valiantly, many giving up their lives, in winning and preserving our freedom.

Spence is the Chairman of the House Committee on National Security and is dedicated to a strong U. S. military presence around the world.

Story by DTCS D. S. Falls, Naval Dental Center Parris Island

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HEADLINE: Naval Reserve Association (NRA) Outstanding JOY

NRA Arlington, VA (NSMN) -- Prepare now to submit your nominees for the Naval Reserve Association's Outstanding Junior Officer of the Year Awards for 1996. You'll want to beat the 8 January deadline to see that your outstanding reserve liaison officer or SELRES medical department officer is considered for this special recognition.

The NRA will present three awards for Outstanding Junior Officers: one for a drilling reservist, one on active duty as a TAR/265 or reserve recruiting recall officer, and one for a selected reserve Nurse Corps officer (Bea Ratner Award). The winners will be selected by the NRA Awards Committee in March 1996 and will be honored at the 1996 NRA National Conference, 28-31 August 1996 in Phoenix, AZ.

Nominations can be made by any Navy or Naval Reserve Command, NRA Chapter or by any officer of any designator of any rank senior to the officer being nominated. NRA will be judging on the "whole person" concept. To be eligible for selection, the nominee must (a) hold the rank of CW02, CW03 or O-1 through O-4 and not have been selected for promotion to CW04 or O-5; (b) must be a drilling reservist or on active duty as a TAR/265 or reserve recruiting recall officer; (c) be a member of the Navy Nurse Corps for the Bea Ratner Award; (d) must exhibit outstanding qualities of leadership; (e) have an excellent record of attendance at regularly scheduled drills; (f) not have been a previous recipient of the award; and (g) be endorsed by his or her immediate superior, who may submit a letter of recommendation.

The nomination package should include the following information: (a) nominee's rank, name, home mailing address, home and office phone numbers; (b) full-length 5x7 photo in uniform; (c) date of rank; (d) pay entry base date; (e) date received into the current unit; (f) current unit affiliation with address; (g) significant professional achievements that warrant selection (military and/or civilian); (h) military background; (i) awards;

(j) educational background; (k) licenses and certifications; (l) civilian experience; (m) community involvement including membership in military and professional organizations; and (n) endorsement by a superior.

Nominations should be submitted to NRA Headquarters, 1619 King St., Alexandria, VA 22314. Nominations must be received by 8 January 1996. Deadline date for submission of nominations is earlier than in past years due to NRA conference schedules. NRA point of contact is RADM Albert E. Rieder at (703) 548-5800.

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HEADLINE: Mail for Our Military Campaign Underway

MOM Soldier, KY (NSMN) -- In 1965, concerned, caring and patriotic Americans joined in "Vietnam Mail Call" in support of America's fighting forces in and near Vietnam.

Today, in 1995, Americans still care and remember through "Mail for Our Military." Morale-boosting cards and letters from every part of the United States are intermingled, then made up into packages that are sent via priority mail to more than 1,000 locations across the United States and around the world. Neither processing nor mailing is at taxpayer expense.

We have tons of "thank you" letters from chaplains, unit commanders and officers-in-charge from ships, hospitals and morale agencies such as local Armed Services YMCAs.

Mail for Our Military is a terrific project for scout troops, church groups, spouse clubs and other public-spirited organizations. To learn how to take part in this unique, exciting program, send your name and address, along with a first-class stamp for return postage (please -- not a self-addressed, stamped envelope, just the stamp) to: Mail for Our Military, P.O. Box 339, Soldier, KY 41173. For further information, you can contact Rodney Bults at (606) 784-1153.

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HEADLINE: HEALTHWATCH: What To Do for a Child with Cold or Flu

USNH Yokosuka, Japan (NSMN) -- Most childhood illnesses are caused by viruses for which there are no "cures." However, these illnesses can usually be taken care of at home if you know what to do.

Basically, the viruses that cause colds and the flu are "germs," too small to be seen by a microscope. These germs enter the body through the moist mucous membranes such as in the mouth, nose and the eyes, after one comes in contact with another person carrying the virus.

Once inside the body, the germs multiply and cause symptoms like runny nose, sore throat, vomiting and diarrhea. The child's body tries to defend itself, but since a child's immune system is not as mature or effective as an adult's, they tend to get sick more often and stay ill longer.

Antibiotics will not help these viral illnesses. There are some childhood illnesses that are caused by "bacteria," for which antibiotics are helpful. Illnesses caused by bacteria are usually more severe than viral illnesses. Viral cold symptoms may last one or two weeks, and viral-related vomiting and

diarrhea may last at least a few days.

The most important measure that families can practice to protect their children from illness is good hygiene. This means avoiding shared cups and utensils and washing hands before meals, after using the bathroom, or after getting out of bed. Keeping the home free of dust and tobacco smoke or odors is helpful in avoiding irritation to mucous membranes.

SUBHEAD: Colds and Coughs

These viral infections often begin with a fever (sometimes quite high). There may be a sore throat. Nose and upper airway secretions develop over one to three days, starting out thin and becoming rather thick. The secretions drip down the back of the throat (post nasal drip), causing a cough. The cough is a protective measure to keep the secretions out of the lungs.

Coughs are often worse at night and will sometimes cause vomiting in children with gag reflexes. The cough will stop when the secretions clear up. Medicine should not, repeat not, be given to suppress the cough. The best treatment includes the following:

1. Plenty of fluids, rest, Tylenol for fever, and TLC (tender loving care).

2. Vaporizer in the child's room -- cool mist preferred. The vaporizer helps to soothe mucous membranes that may be irritated by the virus and dry air, and it will help to liquefy the secretions, making them easier for the child to handle. Medications should not be added to the vaporizer.

3. Bulb syringes and salt water nose drops. This is of special benefit for younger babies and infants and for those who have not yet learned how to "blow their noses." You can make your own nose drops by adding one-half teaspoon of salt to a cup of water. A few drops with a medicine dropper in each nostril can be gently sucked out with a bulb syringe and may be repeated as needed.

Over-the-counter cold medicines are of little value in promoting comfort. They don't make the illness go away any faster and sometimes make the child feel worse by their drying effect. Fluids and rest work much better.

SUBHEAD: Stomach Flu (Viral Gastroenteritis)

This is due to a virus infection of the intestines and is the most frequent cause of vomiting and diarrhea. Vomiting and diarrhea in themselves are not harmful; the dehydration they can cause is what you need to watch out for. The diarrhea may be necessary to eliminate the virus from the intestines. If vomiting is present, it usually lasts several hours and the diarrhea may last several days. Treatment of vomiting and diarrhea includes putting the stomach to rest and maintaining hydration with a special diet.

There are two main aspects to the diets:

- Put the stomach to rest with clear liquids. These are fluids that you can see through when placed into a glass or baby bottle. Pedialyte or Lytren are clear liquid formulas available through the Commissary or Exchange. For older children, Gatorade

is a good choice. If there is vomiting present, start with small sips every twenty minutes and increase the amount slowly as tolerated.

-- Avoid all cow's milk, cow's milk formula and milk products until the vomiting and diarrhea have completely stopped. Children with vomiting are often unable to tolerate the lactose sugar in milk. Some may not be able to tolerate even small amounts of milk or milk formula for a week or so following stomach flu. Soybean formula does not contain lactose and is usually available through the Commissary or Exchange.

Do not rush into feeding the child regular formula or giving solid food to the older child. It will not hurt them to go without these foods for several days; however, fluid intake is very important in order to maintain hydration. With persistent, frequent vomiting and diarrhea, the main concern is dehydration.

The signs of dehydration are dry mouth with lack of saliva, lack of tears, sunken eyes, and markedly decreased (or lack of) urination. You should keep track of the number of stools and the frequency of urination. Dehydration is unusual in older infants and children, but younger infants can become dehydrated more easily.

In summary, viruses account for a large proportion of children's illnesses and do not respond to antibiotics. They are seldom serious and will "cure themselves" if given enough time and comfort measures.

Story by U.S. Naval Hospital Yokosuka

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3. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR EMAIL TO BUMED, ATTN: NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 762-3223, DSN 762-3223. FAX (202) 762-3224, DSN 762-3224. EMAIL NMCOENL@BUMED10.MED.NAVY.MIL//

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